

#### ABSTRACT OF THE DISCLOSURE

A radio base station (RBS) provides dynamic rate adaptation for rate-adjustable communication channels used to transmit information to remote mobile stations based on monitoring transmit power information associated with those channels. For a given channel, the RBS tracks an average channel power on a per transmit frame basis and compares the average to first and second rate adjustment thresholds, which comparisons trigger downward or upward rate adjustments. Similar operation also may be based on averaging the power control commands returned by the mobile station, which indicate whether the channel's power as received by the mobile station is or is not sufficient with respect to a desired signal quality. This method thus provides a mechanism for rapid rate adaptation without requiring explicit rate control signaling from the mobile stations.